

Are you a **STRESSED-OUT** Parent?

Whether you're . . .

dealing with misbehaving kids, struggling to make ends meet or trying to balance work with child care, family responsibilities and a zillion other things, life *can* get stressful at times. Unfortunately, that stress can affect us in many ways. No matter what you're dealing with, here are some tips for keeping your cool and getting through the day.

- **Recognize your feelings.** It's perfectly normal to feel overwhelmed at times, especially when you're juggling so many things.
- **Know what causes you stress.** Acknowledge what your greatest sources of stress are and find a constructive way to deal with them. If getting the kids ready for school in the morning is a hectic time, for example, get as much done as you can the night before.
- **Find an outlet for your frustration.** We all need healthy ways to blow off steam when things feel overwhelming. Going for a walk, talking to a friend or just taking a deep breath and counting to ten are some easy ways to step back and give yourself a break. Just getting a good night's sleep and eating well can also help your coping skills.
- **Know when to ask for help.** There's no shame in reaching out for help when your stress level seems unbearable. Ask a family member to watch the kids for a while or utilize available resources, such as a local church or community center. Always talk to a mental health provider if you're feeling depressed, angry or hopeless.

These parenting tips are courtesy of
Franklin County Children Services' Communications Division.

For information about:

24-hour child abuse hotline: (614) 229-7000
Adoption & foster care: (614) 341-6060
Volunteers & mentors: (614) 275-2690
Speakers or request for literature: (614) 275-2523



Protecting Children by Strengthening Families